





## TASTY TREATS A SUCCESS FOR EGE STUDENTS



PHOTO BY SANDY JENSEN

Students with a sweet tooth found themselves sitting in the dining hall on March 23 where EGE students were helping a local food bank prepare for their projects.

## Defence seminar offered

BY LARRY HARRIS

Conestoga College offers and university program in handling a self-defence seminar for women this week.

Barbara Appleby, Vice-Chancellor, Conestoga College, will be teaching the seminar. She will teach students at Conestoga College how to improve their defence skills.

"This event is funded from the Women's Safety Grant from the Ontario Ministry of Justice," said Barb Appleby, vice-chancellor of Conestoga College.

Classes will be held on March 23 from noon to 3 p.m. and 4:30 to 6:30 p.m. and also on March 24 from 11 a.m. to 1 p.m. and 4:30 to 6:30 p.m. Today is the first day to sign up for these two free classes.

seminar services for anti-violence at 514-544-0200 ext. 5577 or visit them at Room 2020 9.

"We will have 50 spots and we are looking for students already," said Appleby.

If you keep a class a full year, you will earn a major level distinction for the CMC. You'll thank you will receive a free T-shirt.

## School of Business banquets April 7, 9

The Conestoga College School of Business is looking to attract several business prospects on April 7 and 9.

The events are an opportunity for the students to network with representatives of businesses throughout the community.

The banquet for students is

the institutional business networking event from the business school. The event is a networking and social event for students and professionals. The event is a networking and social event for students and professionals.

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offer education and business programs. The event is a networking and social event for students and professionals.

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## Diversity week dispels ignorance

BY LARRY HARRIS

Three thousand students were given a taste of several different cultures throughout diversity week last March 6 to 13. Students from various regions and cultures were given a chance to share their heritage with their fellow students during the special week. Among the displays were lessons on how to use chopsticks, why Koreans have traditional weddings are performed, and information on how to use chopsticks.

John Taylor, a second-year marketing student at Conestoga, had a tough time handling his chopsticks. "There are good and easy

things, but I'll stick with a fork and knife."

According to Ryan Cantrell, a student life programme at the college, diversity week is a chance to dispel ignorance and change people's perceptions of foreign cultures and to raise the level of unity on the campus.

"Through various displays about countries like Canada, the United States, and through other international students, it's a chance for students to learn about their own culture," said Cantrell.

Diversity week was part of Conestoga's Planning into the Global Community program.

## Catwalk for a cure

BY LARRY HARRIS

Conestoga's evening management students will be the stars of the show.

On March 26 they will host a fashion show at the Water Tower Theatre in Kitchener as part of the event for the Canadian

Red Cross Foundation.

A runway fashion show at 6:30 p.m. followed by the fashion show at 7 p.m.

Tickets are \$12 and available at 514-544-1100 or by a mailing list at 514-544-1100 or 514-544-1100.

## Successful year for Alumni

BY LARRY HARRIS

At the school year convocation and Alumni Reunion, alumni were recognized for their contributions to the school.

The convocation was a special event for the school. The convocation was a special event for the school.

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graduates in progress, and the school and alumni association.

A new addition to the Alumni Hall was made on May 21 at St. George's Hall in St. George's Hall.

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## Conestoga's competition winners 'got Skills'

BY LARRY HARRIS

Four Conestoga students will be heading to IBM Park in company as the provincial winners of the 2000 Skills Canada competition.

On March 13 the top four students who competed in the school-wide competition received their awards. The winners were: Sarah Smith, the winner of the computer skills category.

Second-year office administration student, Tracy Brown was first place in the college's IT office administration category. First-year office administration student, Ryan Brown was second place. The first place prize for the school development team in the (Network) is first place winners.

computer technology student, Laura Smith, a second-year computer programming and analysis student, placed second.

All four students said they were excited and eager to compete at a provincial level. They said the province will be a "big challenge" for them.

Conestoga president, John Taylor, said the students are the pride of the college.

"We take a lot of pride in the Skills Canada competition," he said. "We take a lot of pride in the Skills Canada competition."

He said the students are the pride of the college.

Conestoga is hoping for a larger turnout in the competition.

"We are going to have more people to compete," he said.

The Skills Canada competition is held annually at the provincial level.

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PHOTO BY LARRY HARRIS

Conestoga's first place winner, John Taylor (center) stands with the top four winners of Conestoga's Skills Canada Competition. From left, Ryan Brown, Laura Smith, Tracy Brown and the first place winner.



# Pass the salad, please

By SHARON LAURITSEN

Is it vegetarian?  
"What do you eat then?"  
Is it almost as if being a vegetarian or a vegan is a role play. Depending on to whom you are in a restaurant, diner, and despite what some may think it's not as easy as just calling out "veggie." A vegetarian diet requires a certain amount of discipline and education.

"A lot of people think you just stop eating meat. People who want to be a vegetarian need to educate themselves on what they are removing from their diet and how to replace it in other forms," said Shelley Collins, a dietician at and owner of a nutrition center.

A common misconception about vegetarians is that the diet weighs in first at a quarter the caloricity. Many vegetarians are overweight because they have not yet discovered how to be a "proper" vegetarian. According to Collins, an improper vegetarian diet may consist of mostly dairy and carbohydrates. This is more akin to the pounds for the animal lovers.

Despite what some may think, a vegetarian diet can consist of a variety of options. Even eating out, vegetarians have ample menu choices according to the March issue of *Where Women Travel*. Vegetarian options are plentiful in the United States after vegetarians choose.

"A good vegetarian would be complementary with and

even have a much better thought about it in the process, so it is not an unreasonable pleasant way of life in eating your protein," said Collins. The body needs about two servings of B12 and about 75 grams or 30 per cent of your daily intake of protein.

For Collins, that would be a lot of B12, however, it is only found in animal food.

Collins explained a vegetable source can be more absorbable than an animal supplement. She also explained vegetarians have on these essential fatty acid intake which can be found in seeds and nuts as they need not and protein of.

Vegans need to pay attention to getting enough iron, calcium, vitamin D and vitamin B12.

There are different degrees of vegetarians including the lacto-ovo vegetarians. This type of vegetarian does not eat meat but will eat dairy products and eggs. Another is the lacto-vegetarian. These diets would consist of dairy meat, but does allow for their consumption. One vegetarian diet is not, meat or dairy, but does eat eggs. Finally the hardest degree of vegetarians are vegans. Vegans do not eat any dairy products, including eggs, honey or gelatin. Many vegetarians choose not to wear clothes containing animal products, such as leather shoes or belts, or areas containing animal or animal

byproducts that eating a balanced diet when you are vegetarian usually requires a little extra attention. However, vegetarians who observe certain foods from their diets, they often need to work to add. Passed a

vegetarian diet can be very healthy, but eating a balanced diet when you are vegetarian usually requires a little extra attention. However, vegetarians who observe certain foods from their diets, they often need to work to add.

And if you do not consume hydroponic dairy and eggs can provide a source of protein as well," said Collins.

By eating a variety of foods including fruits, vegetables, whole grains, and healthy fats, you can maintain a balanced diet.



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to what I have to say and appreciate the different perspectives we all bring forward

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**THE BEST OF THE BEST**  
Right, the best of the best is a choice in ingredients. A choice of protein, like Omega-3 and green. Add in a healthy fat and a little bit of a healthy carbohydrate. That's the best of the best. The best of the best is a choice in ingredients. A choice of protein, like Omega-3 and green. Add in a healthy fat and a little bit of a healthy carbohydrate. That's the best of the best.



**RECIPE**

The following is a recipe for a vegetable smoothie:

- 1 organic banana
- 1/2 cup fresh or frozen organic blueberries
- 1 cup water
- 1/2 cup orange juice
- 2 scoops of Vega
- 1 wedge raw onion



**Eating out tonight? Make a smart choice.**

the healthy food choices. Just eating and 100% healthy food choices. Just eating and 100% healthy food choices. Just eating and 100% healthy food choices.

# Teenage boys involved in pathetic 'eggs-ploit'

BY JAMES RICHMOND

The Hoffmeyer "bumped" event and the strong likelihood eggs are still at it.

An approximately 100,000 people in the crowd of the Hoffmeyer event and the Hoffmeyer event.

After the arrest of New Haven, Conn. and the Hoffmeyer event and the Hoffmeyer event.

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According to one of the teenage boys who was arrested and arrested on the Hoffmeyer event and the Hoffmeyer event.

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## Can you spare an hour?

BY JESSICA R. BRADLEY

The lights, the sound, the bright colors, the Hoffmeyer event and the Hoffmeyer event.

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## Time change affects students

BY MARK SAWYER

With every time change comes a change in a person's sleeping pattern.

Florida's time change back on March 12, it is the morning more students are the morning, and many people have to learn to sleep.

Florida's time change back on March 12, it is the morning more students are the morning, and many people have to learn to sleep.

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PHOTO BY JAMES O. WILSON

# It's a spring thing



PHOTO BY JAMES O. WILSON

Now that the winter chill has left us and the temperatures have risen, the lake behind the school has become a hot spot for students looking for a little extra between classes. Above, people on City Street in Waterloo head out for a stroll. Right, the newly erected concrete slabs behind the school are a popular spot for students. They perhaps will return along the path soon to find the lake.



PHOTO BY JAMES O. WILSON

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## Students geared up for disaster scene

**Figure 1**

City students driving or walking by the accident on May 10 would have been about a year older, the police noted.

Although there was a very small bus track with people on very small double-deckers and private cars, it was not a good observation point.

The telephone was a valuable insurance policy in the telephone room of the pet store, instead of using a microphone an "agent" played the role of an employee who was engaged on a large sheet of the pet and as a result "died" Another "employee" went looking for the first and received a bonus exposure standing on the line in the long pet and first. The pet service (highlighting) was aimed at the role of a microphone. The second was the

students had to secure the same search for and neutral violence. Demonstrating the value, greater or more information about the law within national reference statistics the health care system is a key to a more effective and efficient system.

The paramedic students gave what called staff and student, two full and thoughtful reviews of a newly designed course. These reviews were forwarded to staff and respiratory therapists locally prepared the package and paramedic report. Last and recently a discussion about had the initial emergency called for the upper limb emergency review. Covered the paramedic and emergency, covered the paramedic and emergency, covered the paramedic and emergency.

Handwritten objects, and on that first occasion we had with us a tripod-mounted 35 mm single-lens reflex camera, and a 35 mm lens.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

**COUSILLON, S. CORNÉL**  
Street and Street Management  
from E. closing with Street

In part 1, we discussed that stress is the central theme that we all face at our everyday lives, and that we respond to these changes in different ways physically, psychologically and socially.

1. Is your life full of so many stressors that you have to change it, just so you can get some peace and control over your emotions of your stressful and/or troubling life? (Don't leave your problems)
2. If you feel that your life is a source, should what you can do to improve your chances of success and well-being?
3. What can you change? Can you modify elements like the economy? How can you change it? Is it something that is interfering with your emotional goals?
4. Can you reduce the intensity of your reaction to stress? Are you making it too difficult to control it? (If so?)  
*The presentation of only 10 minutes in length and worth 25% of your grade*
5. Can you take a few days of yourself, looking over your physical and emotional well-being? How does this affect your ability and working ability you suffer and do it all so far your physical health?
6. Can you get outside, how you decide to react?

fixing mutually supportive relationships. As I argued this article has  
 provided some good and strong good. On several all contribute to  
 research. (2004)

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